

Call 211
for More Information
on Treatment

Get Connected, Get Answers

**Because
Treatment Works!**

Know the Signs!

Breathing: Slow,
Shallow or Stopped

Blue Lips & Fingertips

Pale, Gray, Clammy Skin

Loud Snoring or Gurgling Noise
("Death Rattle")

Person is Unresponsive

Slow Pulse/No Pulse

Vomiting

TAKE ACTION

1. Get Their Attention



Shake the person and yell, "Hey, are you OK?"
Rub your knuckles up and down their
breast bone.

2. Call 911



Tell the dispatcher your location and the
person's symptoms. Stay on the line
until the ambulance arrives.

3. Rescue Breathing



Make sure nothing is in their mouth. Tilt the
head back. Lift chin. Pinch nose. Give 1 breath
every 5 seconds. If no pulse, start chest
compressions.

4. Give Naloxone



Give Naloxone as trained either as a shot or
nasal spray.

5. Place in Recovery Position



If you have to leave the person alone, put them on
their left side and place their hands under the head.
This will prevent them from choking on vomit.

What are Opioids?

When not used as prescribed, prescription drugs can be as dangerous as illegal drugs.

Opioids Include:

- Oxycodone (OxyContin[®], Percocet[®], or Roxicodone[®])
- Oxymorphone (Opana[®])
- Hydromorphone (Dilaudid[®])
- Hydrocodone (Vicodin[®], Lortab[®], Norco[®])
- Morphine, Codeine, Buprenorphine, Fentanyl, Methadone
- Heroin

What is an Opioid Overdose?

An opioid overdose happens when a toxic amount of an opioid - alone or mixed with other opioids, drugs and/or substances - overwhelms the body's ability to handle it.

The opioids suppress a person's ability to breathe, which can lead to loss of consciousness, coma, and ultimately death.

Who is at RISK of an Opioid Overdose?

Those who have been prescribed high doses of opioid medications

Those who mix opioids with other drugs, particularly alcohol or sedatives

Those who use alone - using without others present raises the risk of death if an overdose occurs

Those with serious medical problems

Those who have overdosed before

Those who have resumed use after a period of no use, such as those recently released from drug treatment or a correctional facility

You are not alone.



Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
Joshua M. Sharfstein, M.D., Secretary, DHMH



Substance Use Disorders in Maryland
adaa.dhmd.maryland.gov

SUBSTANCE USE DISORDERS IN MARYLAND



You are not alone.

If you suspect a loved one, a friend, a co-worker, or you may be struggling with an addiction ...